

Games

Bingo : No registration. \$1 at door. Prizes; refreshments served.

Game Time: Mexican Train Dominoes, cards, and board games are available or bring your own! No registration. \$1 at door. Refreshments served.

Farkle: No registration. \$2 at door. Refreshments served.

Recurring Activities

Book Review: Come hear about what others are reading and share your latest find. No assigned reading. Refreshments served. No registration or fee.

Sewing On the Line Quilt Guild: Share ideas while learning new skills and contribute to the community by donating quilts to area charities.

Sing-a-long Choir: Meet new friends while singing favorites from the past! Join anytime. No registration or fee.

Yarn Connection: Learn new skills and have fun with friends. We provide yarn, hooks/needles, patterns, snacks and laughter. Help the community by working on charitable projects. No registration or fee.

Exercise Classes

Chair-side Exercise: Range of motion and strength exercises using optional light weights. Some standing and sitting required. No registration or fee.

Move It or Lose It: Range of motion and strength exercises. Some standing and sitting required. No registration or fee.

Vita Band: Use resistance bands for range of motion and strength exercises. Some standing and sitting required. No registration or fee.

Council on Aging Policies

The programs and events listed on the calendar are held at the *Council on Aging*, 1830 S. Broadway, unless otherwise noted. Please refer to the individual flyer on each function for more detailed information or call 684-0777.

Age Eligibility: All activities, programs, and events are open to adults age 50 and older, unless otherwise specified. Contact the Leisure and Learning department, 684-0777, for information.

Registration and Payment Policy:

All activities, programs and events require registration unless noted. Functions that require a program fee must be paid in advance at time of registration unless noted as "Pay at Door." Registration is on a first come basis for events hosted at the COA. A trip lottery with a deadline of month before the trip will be utilized to allow equal opportunity to attend day trips.

Cancellation Policy: A function that requires a program fee paid in advance must be cancelled more than 3 business days prior to the function to receive a refund. Cancellation less than 3 business days will not be refunded. Events will be canceled if the COA is closed for inclement weather.

Transportation: If you need transportation to and from any function please call the transportation desk, 684-0778 or 684-0808, to schedule a ride. Please refer to the transportation policy for scheduling times and rider information. There is a fee for transportation.

Consumer Rights: All services are provided without discrimination on the basis of race, color, religion, national origins, or sex. If you feel you have been discriminated against you have the right to file a complaint. Please contact the Director at (913) 684-0777.

For the hearing impaired TTY # 1-800-766-3777

Si sientes que has sido discriminado, llame al
1-866-305-1343

LEAVENWORTH COUNTY COUNCIL ON AGING

DECEMBER 2021

Leisure & Learning Program Calendar of Events



1830 S. Broadway
Leavenworth, KS,
66048
Telephone: 684-0777
Fax: 684-0779

E-mail: seniors1st@leavenworthcounty.gov
Website: www.leavenworthcounty.gov/COA

December 2021

Monday	Tuesday	Wednesday	Thursday	Friday	New Events
 Sponsored by: Council on Aging 1830 S. Broadway Leavenworth, KS,		1 Chair-side Exercise 8:30–9:30am Move It or Lose It Exercise Class 9:30 -10:00am Bingo 1:00-2:30pm Holiday Lights Tour 4:00 pm	2 COA Community Outreach at Exchange Bank in Easton 10:00-11:00am	3	Christmas Lights with Scarlet: Join Scarlet for an evening trip including dinner at the Black Bear Diner followed by Holiday Lights at Deanna Rose Farmstead. RSVP; prepay \$7 bus fee, dinner on your own.
	6 VitaBand Exercise 8:30 – 9:30am Coffee Group 9:00-10:00am Move It or Lose It Exercise 9:30-10:00am Grief Support Group 10:30-11:30am Lunch and Shopping Trip 9:15am -1:30pm	7 Let's Roll with Sister Vicki* 11:00—3:30pm Book Review 10:00-11:00am Sing-a-Long Choir 1:00-2:30pm	8 Chair-side Exercise 8:30–9:30 am Move It or Lose It Exercise Class 9:30 - 10:00am Caregiver Support Group 1:00-2:30pm @ Tonganoxie Riford Center Game Time 1:00-3:00pm	9 COA Community Outreach at Tonganoxie Riford Center 10:00-11:00am <i>Sewing on the Line</i> Quilt Guild 1:00-3:00pm	10 Around the Emily's Kitchen Table 11:00am-12:30pm Lunch and Shopping: Get some holiday inspiration in Briarcliff with a trip to Nell Hill's. Lunch will follow at Trezo Mare. RSVP; prepay \$7 bus fee, lunch on your own. Around Emily's Kitchen Table: Cooking class featuring sausage grits casserole and cinnamon rolls. RSVP; prepay by Dec. 6.; \$6 includes demo, recipes and lunch. Holiday Crafts: Bring your creativity! We will be making a holiday door hanger. RSVP; prepay \$5.
	13 VitaBand Exercise 8:30 – 9:30am Move It or Lose It Exercise Class 9:30 - 10:00am	14 Let's Roll with Sister Vicki* 11:00—3:30pm Holiday Crafts 9:30 am	15 Chair-side Exercise 8:30–9:30am Move It or Lose It Exercise Class 9:30 -10:00am Bingo 1:00-2:30pm Muffins & Mammos 9:00am	16 COA Community Outreach at Basehor Library 9:00-10:00am Yarn Connection Group 1:00-3:00pm	17 Christmas Tea 1:00pm
	20 VitaBand Exercise 8:30 – 9:30am Coffee Group 9:00-10:00am Move It or Lose It Exercise Class 9:30 - 10:00am	21 Let's Roll with Sister Vicki* 11:00—3:30pm Sing-a-Long Choir 1:00-2:30pm	22 Chair-side Exercise 8:30–9:30am Move It or Lose It Exercise Class 9:30 - 10:00am Farkle 1:00-2:30pm	23 COA Community Outreach at Linwood Library 9:00-10:00am	24 Closed: Christmas Eve
	27 Closed: Christmas Day (Observed)	28 Let's Roll with Sister Vicki* 11:00—3:30pm	29	30	31 Closed New Year's Day (Observed) Christmas Tea: Wear your holiday sparkles and enjoy an afternoon with friends. We'll be serving a classic afternoon tea filled with holiday cheer. RSVP; \$3 at event.

*For additional information about *Let's Roll with Sister Vicki*, please contact Elaine Belardo at *The Deeper Window Association*: (301) 676-7538.
Newly-added activities are represented in bold print.